

Aspirations for Work: Job, Career, or Calling

The Dopamine Pathway

- This can be a fluid experience throughout your life. From time to time ask your self ***“what excites me?”*** in the work world.
- This will activate motivation and the reward centre of our brain to enhance curiosity and strengthen our competencies.

The Neuroplasticity Pathway

- To ensure that our aspirations are realistic, identify our key character strengths and make them stronger through focused practice with a growth mindset.
- This will enhance our confidence and self-trust in our journey by ***“doing what we are hard wired to do and to learn.”***

The Executive Function Pathway

- Seeking a new job, career or calling will call upon a person to manage mood regulation to allow better decision making from a more logical than an emotional drive.
- This promotes the pre-frontal cortex of the brain to review our memories to clarify ***“what we value long-term?”*** in work and life.

The Stress Management Pathway

- Identifying ***“what can sustain my aspirations?”*** through stress and challenges provides opportunities to utilize brain, mind, and body vagus nerve exercises to strengthen our nervous system.
- Less stress and anxiety allows each person to have more energy to remain resilient with our aspirations.

